

"I learned  
to say 'know' to  
arthritis pain."



You don't have to say "yes" to arthritis pain. To better control my arthritis, my doctor recommended I take the Arthritis Foundation Self-Help Program. Developed especially for people with arthritis, this class helped me understand arthritis and gave me powerful new ways to control its impact on my life. I feel confident knowing my class is taught by Arthritis Foundation certified leaders. I'm more in control of my arthritis now that my pain has been reduced.



**Arthritis Foundation**  
**Self-Help Program**<sup>SM</sup>

LIFE IMPROVEMENT SERIES

Location	Dates	Times
<b>Cedar City Senior Center</b> 489 East 200 South Cedar City, UT	<b>September 13 – October 18</b>	<b>Thursdays 6:00 – 8:00 PM</b>

Free for ages 60+. Space is limited, and pre-registration is required. Sign-up today! To register or for more information, contact Audrie at the Arthritis Foundation, 801-536-0990 or 800-444-4993.